



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15008, Fish, carp, raw

Report Date: June 25, 2017 17:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 218g
Proximates						
Water	g	76.31	65	0.362	64.86	166.36
Energy	kcal	127	--	--	108	277
Energy	kJ	531	--	--	451	1158
Protein	g	17.83	63	0.113	15.16	38.87
Total lipid (fat)	g	5.60	163	0.207	4.76	12.21
Ash	g	1.46	64	0.128	1.24	3.18
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	41	11	6.828	35	89
Iron, Fe	mg	1.24	7	0.200	1.05	2.70
Magnesium, Mg	mg	29	7	2.434	25	63
Phosphorus, P	mg	415	7	125.413	353	905
Potassium, K	mg	333	14	35.915	283	726
Sodium, Na	mg	49	5	1.308	42	107
Zinc, Zn	mg	1.48	44	0.245	1.26	3.23
Copper, Cu	mg	0.057	32	0.009	0.048	0.124
Manganese, Mn	mg	0.042	--	--	0.036	0.092
Selenium, Se	µg	12.6	--	--	10.7	27.5
Vitamins						
Vitamin C, total ascorbic acid	mg	1.6	1	--	1.4	3.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 218g
Thiamin	mg	0.115	--	--	0.098	0.251
Riboflavin	mg	0.055	--	--	0.047	0.120
Niacin	mg	1.640	--	--	1.394	3.575
Pantothenic acid	mg	0.750	--	--	0.637	1.635
Vitamin B-6	mg	0.190	1	--	0.161	0.414
Folate, total	µg	15	--	--	13	33
Folic acid	µg	0	--	--	0	0
Folate, food	µg	15	--	--	13	33
Folate, DFE	µg	15	--	--	13	33
Choline, total	mg	65.0	--	--	55.2	141.7
Vitamin B-12	µg	1.53	1	--	1.30	3.34
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	9	--	--	8	20
Retinol	µg	9	--	--	8	20
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	30	--	--	26	65
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.63	--	--	0.54	1.37
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	24.7	--	--	21.0	53.8
Vitamin D3 (cholecalciferol)	µg	24.7	--	--	21.0	53.8
Vitamin D	IU	988	--	--	840	2154
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.2
Lipids						
Fatty acids, total saturated	g	1.083	--	--	0.921	2.361
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 218g
14:0	g	0.114	13	0.016	0.097	0.249
16:0	g	0.657	13	0.032	0.558	1.432
18:0	g	0.185	13	0.007	0.157	0.403
Fatty acids, total monounsaturated	g	2.328	--	--	1.979	5.075
16:1 undifferentiated	g	0.655	13	0.060	0.557	1.428
18:1 undifferentiated	g	1.150	13	0.105	0.977	2.507
20:1	g	0.071	11	0.017	0.060	0.155
22:1 undifferentiated	g	0.402	1	--	0.342	0.876
Fatty acids, total polyunsaturated	g	1.431	--	--	1.216	3.120
18:2 undifferentiated	g	0.517	13	0.104	0.439	1.127
18:3 undifferentiated	g	0.270	13	0.042	0.230	0.589
18:4	g	0.058	9	0.007	0.049	0.126
20:4 undifferentiated	g	0.152	12	0.015	0.129	0.331
20:5 n-3 (EPA)	g	0.238	12	0.040	0.202	0.519
22:5 n-3 (DPA)	g	0.082	11	0.008	0.070	0.179
22:6 n-3 (DHA)	g	0.114	13	0.019	0.097	0.249
Cholesterol	mg	66	2	--	56	144
Amino Acids						
Tryptophan	g	0.200	--	--	0.170	0.436
Threonine	g	0.782	--	--	0.665	1.705
Isoleucine	g	0.822	--	--	0.699	1.792
Leucine	g	1.449	--	--	1.232	3.159
Lysine	g	1.638	--	--	1.392	3.571
Methionine	g	0.528	--	--	0.449	1.151
Cystine	g	0.191	--	--	0.162	0.416
Phenylalanine	g	0.696	--	--	0.592	1.517
Tyrosine	g	0.602	--	--	0.512	1.312
Valine	g	0.919	--	--	0.781	2.003
Arginine	g	1.067	--	--	0.907	2.326
Histidine	g	0.525	--	--	0.446	1.145
Alanine	g	1.078	--	--	0.916	2.350
Aspartic acid	g	1.826	--	--	1.552	3.981
Glutamic acid	g	2.662	--	--	2.263	5.803

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 218g
Glycine	g	0.856	--	--	0.728	1.866
Proline	g	0.631	--	--	0.536	1.376
Serine	g	0.728	--	--	0.619	1.587
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0